

## Get ready to hunt

The Baumholder hunting course opens April 8. The course runs for eight weeks and requires 10 or more people. Get your friends together for some great fun. Gun rental is available. The cost for the course is \$50 per person. Call Brandt Gardner at civ (06783) 6-6202.

## Comedy night

February's "Comedy After Dark" show is scheduled for 8 p.m. Feb. 20 at the Rod and Gun Club. Featured entertainers include Jay Deep who has performed at Def Comedy Jam, The Apollo, and Comic View; JP Justice who has performed at the same locations and Cool Herm who has performed at Comic View and the Apollo. Admission is \$10 in advance or \$12 at the door.

## Have a laugh

Come to the Comedy After Dark performance at the Rod and Gun Club March 8 beginning at 8 p.m. The hilarious Jennifer Wrubel will perform. Tickets go on sale in advance March 4 for \$10 and are \$12 at the door. This show is for mature audiences and ID card holders only.

## Dive into the fun

Youth Services is sponsoring a trip to swim at the Pyramide for middle school children March 16. The cost is \$8 per person plus spending money. Call for more information at mil 485-7003.

## Stretch those legs

Get ready for the St. Paddy's Day Run March 16 at the Hall of Champions starting at 10 a.m. Late registration is from 8 to 9:30 a.m. and

# Post notes



Photo by Rosalind Rutledge

## Mardi Gras parade

Children from Smith Elementary School parade in their multi purpose room in traditional Mardi Gras style. After the parade the children settled down to a real Mardi Gras feast complete with red beans and gumbo.

the cost is \$15 with T-shirt, \$10 without a T-shirt. Call mil 485-7176 to find out more.

## Racquetball fun

The Mountaineer Fitness Center hosts the 2002 Baumholder Racquetball League from February 9

through March 21. Games will be from 6 - 9 p.m. and awards will be presented to the top three at the end of league play. The winners also receive free entry in the Baumholder Spring Eliminator Invitational Tournament. The number of participants will determine the format. Entry is free. Call mil 475-7418 for more information.

## Glamour and fun

Bring the whole family to the Baumholder fashion show March 30 at the Rheinlander Convention Center. Admission is \$12 for adults and \$2 for children. Learn all about fashion wear from sporty to business and casual to dressy and enjoy finger foods, music and more. To find out more, call mil 485-8779.

## Pump some iron

The Baumholder Powerlifting Invitational is March 23 at 10 a.m. at the Mountaineer Fitness Center. Weigh-ins are from 8-9:30 a.m. En-

try fee is \$10. There will be awards for the top two lifters in each division. Call mil 485-7176 to find out more.

## A night of boxing

The USAREUR Boxing Coaches and Officials Clinic will be held at Baumholder March 7-9. Boxing night will be March 9 starting at 7 p.m. with weigh-in and physicals from 10 a.m. to 1 p.m. Admission is \$3 and free for kids 12 years old and under. The U.S. Forces Europe Boxing Championship will be at the Hall of Champions May 3-5 and Baumholder Boxing Day will be June 15, so stay tuned for more details on all these events.

## Spring sports

Baumholder youth sports spring registration begins March 4. Cost is \$25 for the first child and \$20 for each additional child. Coaches for all age groups are needed. To find out more, call mil 485-6968.

## Smack that ball

Unit level volleyball season starts March 18. Sign up at the sports office by March 11. Call mil 485-7176 to find out more.

## Golf tournament

The Baumholder American Red Cross hosts its first annual Memorial Challenge Golf Tournament, May 24 at the Rolling Hills Golf Course. In addition to game participants, the Red Cross is also looking for volunteers interested in planning and helping out during the event. Key volunteer personnel needed include registrar, course marshals (must be acquainted with golf), course ball spotters and scorekeeper. To register or inquire call civ (06783) 6-1760.

## Irish fun

Celebrate St. Patrick's Day for two nights at the Baumholder Rod and Gun Club. The party begins at 10 p.m. March 15 and 16. Catch the Irish spirit with music, dance and a bit o' the green at the Rod and Gun Club.

## Promotion board

A Department of The Army Centralized Promotion Board will convene at Baumholder May 29 to consider eligible staff sergeants for promotion to sergeant first class, attendance at ANCOC, and separation under the Qualitative Management Program. All staff sergeants must contact their battalion S1 for records review. For more information call mil 485-6453.

## Holiday hours

All Service Credit Union branch offices will be closed Feb. 18 in observance of President's Day. Normal hours of operation resume Feb. 19.

## Portrait Studio

Keepsake portrait studio has what you're looking for. Whether you wish to capture your child's first birthday, senior year or just a family portrait, Keepsake has packages for everyone. Call mil 485-6687 for more information.

## BOSS

Get up, get out and get active with Baumholder Better Opportunities for Single Soldiers. BOSS provides single soldiers with an opportunity to meet other soldiers, get active in their community and enjoy fun-filled activities and trips. For more information call mil 485-8779.

## Pistol range

The Rod and Gun Club offers an indoor pistol range every Saturday from noon to 4 p.m. The cost for Rod and Gun members is \$3 and approximately \$10 for a box of ammunition. For more information on this or any other Rod and Gun Club program call mil 485-6435.

## Royals visit commander, assume control of 222nd BSB

Lt. Col. Eric Wagenaar, 222nd Base Support Battalion commander, presents a battalion coin to Kathrin the First, and Holger the First, Baumholder's fasching princess and prince. At left is Thomas Moosmann, a member of the fasching committee and employee of the 222nd BSB. The city's royal fasching pair traditionally visit the 222nd BSB commander and invite him to the annual city fasching festivities. They also read and presented him with a declaration that relieved him of all his command duties and handed control of the 222 BSB to the Prince and Princess. All in fun of course. The royal pair later visits the city mayor and also relieves him of all his duties for the duration of the fasching festivities.



Photo by Ignacio "Iggy" Rubalcava

## AFAP seeks to improve quality of life

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

Virtually every demographic aspect of the Baumholder community was represented during Baumholder's annual Army Family Action Plan Conference Feb. 6 at the Rheinlander Convention Center. Delegates at the conference, who's goal was to develop issues to help improve the quality of life on Baumholder and the Army in general, covered the entire spectrum of Baumholder's military community. Everyone from soldiers, high school students, family members and civilians had some form of representation.

Four groups of delegates met separately to discuss and develop issues on specific subject matters. It was interesting to note that in spite of the eclectic nature of the groups, two of them, meeting separately, raised an almost identical issue and developed almost equally identical solutions.

The Commercial Support, Transportation, Housing; and Family Support, Youth, Education groups focused on the need for an indoor recreational facility that would cater specifically to military families.

Another key issue raised was the expansion of insurance options for household goods during a permanent change of station.

According to the group's report, without obtaining private in-

surance, Department of the Army civilians and soldiers moving to and from OCONUS are forced to accept the government's basic repair/replacement reimbursement for household goods minus depreciation. They are not offered the same three options as CONUS to CONUS moves. Thus, they are not adequately reimbursed in the claims process. The group recommended the Army provide the same three insurance options for all soldiers and civilian employees who move worldwide.

One of the groups recommended providing free AFN decoders to U.S. military and civilians living off post. Their report stated that AFN channels are a free service currently available to on-post residents and equitable service needs to be offered to active duty soldiers living off-post due to non-availability of government quarters.

Other issues and recommendations raised include:

- Establish and staff a permanent family assistance center with a trained "super liaison" at every Army installation that will provide 24 hour service to family members and soldiers.

- Offer retention incentives to staff sergeants and above (career soldiers) upon reenlisting indefinitely. Some suggestions include, offering career soldiers current station stabilization or assignment preference; giving soldiers a monetary reward upon reenlisting indefinitely;



Photo by Ignacio "Iggy" Rubalcava

Schantell Badger, group recorder, left, and Kim Eng, group facilitator, lead the Family Support, Youth and Education working group through the various issues and topics during the Army Family Action Plan Conference.

and ensuring soldiers get to use educational benefits that accommodate their MOS and duty station.

- Establish a more stable family readiness liaison program making the FRL a primary MOS, or making the FRL a primary duty. In most cases, the FRL position is an additional duty and is not always filled by the most qualified soldier, according to a report from one of the groups. The group also reported that FRLs are also not always properly trained and in most units, there is constant turnover in the position

and most FRLs have other duties to perform. This negatively impacts soldier and family readiness, the report read.

- Improve the standard for OCONUS preventive dental care by change the policy for OCONUS oral hygiene appointments from one to two times per year. This would bring overseas dental care to the CONUS standard, according to the Medical/Dental Wellness group report.

- Create and fill a permanent position for a psychiatrist or psychologist who would be dedicated

to family member appointments.

Currently, mental health providers at Baumholder are primarily for the military member and are unable to consistently address family members' needs. The mission and operational tempo create an exceptionally higher need for a psychiatrist or psychologist dedicated to family members, reported the group.

All these issues and recommendations are currently being evaluated and prioritized for possible implementation or for forwarding to the annual 104th Area Support Group conference.

## WICO celebrates first anniversary

By April Parcells, RD  
USAHC, Dietitian

The Women, Infants and Children Overseas Program opened its doors to the Baumholder community one year ago on Feb. 7, 2001. Today, we have more than 1,500 participants actively enrolled in the program.

The program was able to open in February with the help of active duty service members and reservists. Beginning in March, the administrative assistants, hired by Choctaw Management/Services Enterprise joined the team followed by the wellness counselors in May.

The WIC Overseas team has been a prominent part of the community. During the past year, WIC

Overseas participated in many community activities in an effort to get the word out about the program. One such example is the bi-weekly prenatal briefings held by the clinic. In addition, employees have briefed several units and family readiness groups and continue to be available for briefings. If you are interested in a briefing for your unit or family readiness group, feel free to contact the WIC Overseas office at mil 485-8001. Tables were also set up with nutrition handouts and information about WIC Overseas this past year at Healthy Days, Baumholder Days, and the Care Fair. The WIC Overseas team also provided nutrition education to the children at the Smith CDC and to the

Sure Start parents. During all the briefings, appointments were made right away to families who qualified.

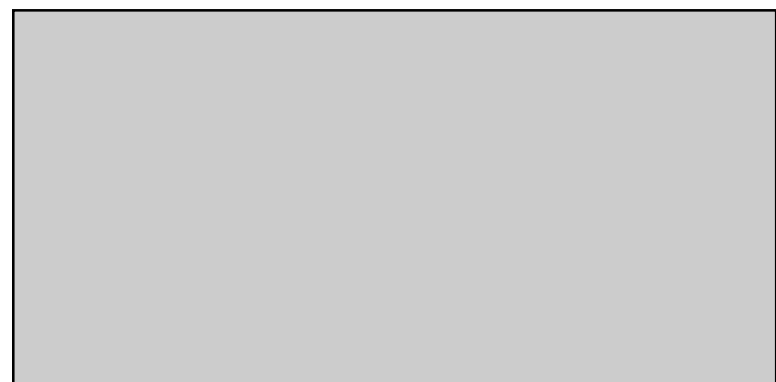
The face of the WIC Overseas office has undergone changes over the past year as well. The bathrooms were remodeled and a breastfeeding/changing room was added. Recently, the hallway was painted to provide a more cheerful and inviting atmosphere. Not to mention, the kids love it.

The Baumholder WIC Overseas program is a huge success. We would like to thank the Baumholder community for spreading the word and helping to make the program what it is today. We couldn't have done it without you.



Photo by Ignacio "Iggy" Rubalcava

The Commercial Support, Transportation and Housing working group discusses Insurance options for moves to and from OCONUS.





## Soldiers who made a difference out west

Compiled by Norm Estrada

Equal Employment Opportunity Specialist

As we celebrate Black History Month in February, we need to remember the African Americans who made a difference. One such group is the "Buffalo Soldiers." Employment opportunities in Eastern and Southern United States were not available to blacks, so many African-Americans took a long hard look at military service which offered shelter, education, steady pay, medical attention and a pension. When Congress reorganized the peacetime regular army in the summer of 1866 it recognized the military merits of black soldiers who fought in the Civil War by authorizing two segregated regiments of black cavalry, the Ninth United States Cavalry and the Tenth United States Cavalry. Orders were given to transfer these troops to the western war arena, where they would join the army's fight against the Indians. Initially, these units were made up of all-African Americans. The American Indians named them the Buffalo Soldiers because of their proficiency, valor, and toughness on the battlefield. Several of the Buffalo Soldiers were veterans of the Civil War and others were ex-



Portrait by Tod Haskins Frederick

Buffalo soldiers from the 9th Cavalry fend off an Indian attack in the old west.

slaves.

In August of 1866 the 9th Cavalry was sent to San Antonio Texas. Colonel Edward Hatch, a white male, was the 9th Cavalry's first Commander. Recruitment of White officers for both the 9th and 10th Cavalry's became a difficult task because of prejudice towards African Americans. Even with benefits of a fast promotion, numerous officers including the famous George Armstrong Custer refused commissions with either of these units.

Custer even campaigned to prevent African-Americans from gaining the right to vote. Ironically, it was the Buffalo Soldiers who rescued Custer and his men during an encounter with Indians.

The 9th Cavalry's mission was to patrol the Mexican border from El Paso to Brownsville, establish law and order and protect citizens from Indians, Mexican revolutionaries and American outlaws. This mission became even harder because many Texans were prejudiced

against the Buffalo Soldiers and because the Texans felt this was a form of humiliation by the Union. Even with all of these obstacles the 9th Cavalry was one of the best fighting forces in the Army.

In 1891 the 9th Cavalry took part in the Ghost Dance Campaign in North and South Dakota. They were ordered to help subdue the Sioux who fled from reservations to the badlands. This led to the massacre of 146 men, women and children at Wounded Knee. The 9th Cavalry

however, did not participate in this massacre.

The 10th Cavalry was initially stationed at Fort Leavenworth, Kansas in 1867. During the next nineteen years they fought against the Cheyennes, Kiowas, Comanches, and Apaches in Kansas, New Mexico, and Arizona. The 10th Cavalry played a major role in the expansion of the Kansas and Pacific railroad by providing security. The 10th Cavalry's actions of not allowing the Cheyenne to flee into the northwest allowed General Custer to defeat them near Fort Cobb.

The Buffalo Soldiers also fought with Teddy Roosevelt and the Rough Riders during the Spanish American War and battled Pancho Villa during the Mexican punitive expedition under John J. Pershing.

Twenty-three Buffalo Soldiers were awarded the Medal of Honor. During Black History Month let us look back at the Buffalo Soldiers with pride and not forget what they did for our country.

### Sources:

- National Archives and Records Administration, *The Record March 1998*
- Smithsonian Magazine December 1998
- Buffalosoldier.net

## ACS at a glance

### Volunteering

Can't find the perfect job right now? The Baumholder community has many volunteer opportunities with various agencies. The following are just a couple.

Community Youth Service needs soccer coaches for all age groups. The sports program offers free training and certification, as well as registration discounts for parents with children in the program.

The Baumholder Community Spouses' Club is looking for volunteers to be greeters and vender assistants during the Spring Bazaar.

Volunteers are needed to assist in manning the booths during the Family Fund Fest and to help with the activities of the day. Come out and help Army Community Services promote healthy families.

For more information about these volunteer programs or other volunteer opportunities in the Baumholder community contact Tracy Grice, installation volunteer coordinator, at mil 485-8188 or civ

(06783)6-8188.

### Money to be had

Family Subsistence Supplemental Allowance is available to soldiers, who qualify, to supplement their income. Eligibility is based on household size and income. For more information on this new program call the FSSA financial readiness specialist at mil 485-8188 or visit the FSSA web site at <https://www.dmdc.osd.mil/fssa>

### Team building

Army Family Team Building is offering the following training in March:

- AFTB Level I, March 6, 8:30 a.m. to 2 p.m.
- AFTB Level II, March 19-22, 6 - 9 p.m.

For information and reservations to set up training for yourself, unit or family readiness group, please call the AFTB office at mil 485-8542.

If child care is needed, students must sign up for classes two weeks in advance.

### Emergency relief

Army Emergency Relief is conducting its annual fund raising campaign March 1 through May 15.

For 60 years, AER has assisted more than 3 million soldiers and their families in times of financial emergency. AER has been available to soldiers, wherever they have been stationed and whenever aid was needed. Last year, everyone's contributions enabled AER to assist more than 57,000 soldiers with almost \$39 million in emergency assistance.

On Sept. 11, AER was one of the first relief organizations to begin providing assistance to the families of comrades killed at the Pentagon. AER has continued this mission daily since then.

All contributions are fully tax deductible.

Donors may make their contributions to the general assistance fund or they may target their contributions to specific programs such as education scholarships or widow assistance.

Donors needing information about administrative matters pertaining to bequests should contact HQ AER, Attn: Deputy Director for Finance.

For more information on the AER campaign, contact the Army Community Service AER officer at mil 485-8188, or your local unit representative. Interested persons can also visit the AER web site at: <http://www.aerhq.org>

/www.aerhq.org

### ACS calendar

**Feb. 20,** Saving and Investing  
**Feb. 27,** Getting Insurance  
**Feb. 28,** FRL/FRG Training, Story Time (Library)

**Mar. 6,** AFTB Level I Training, Banking and Checking Accounts

For information about classes listed or services provided call mil 485-8188/civ (06783) 6-8188.